


PROGRAM CALENDAR

APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 10:00 <u>AM</u> Shopping at Price Chopper 10:00 <u>AM</u> Dining Committee (GR) 11:00 <u>AM</u> Town Hall Meeting (GR) 11:00 <u>AM</u> Meditation (M) 1:00 <u>PM</u> Shopping Trip 1:00 <u>PM</u> 7 Card Hi Lo (DR) 2:00 <u>PM</u> Scrabble (CR) 7:15 <u>PM</u> It's Evening Funny Movie Time! Enjoy a comedy! Popcorn & Candy!! (GR)  <b>APRIL FOOL'S DAY!</b>	<b>2</b> 10:00 <u>AM</u> Walk at The Crossings 1:00 <u>PM</u> Quilting/Project Linus (4 <sup>th</sup> Fl. West) 1:00 <u>PM</u> Shopping Trip 1:00 <u>PM</u> Caregiver Support Group (M) 1:30 <u>PM</u> Dominoes (DR) 2:00 <u>PM</u> -3:00 <u>PM</u> Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 <u>PM</u> Happy Hour Lodge (LR-L) 7:15 <u>PM</u> Movie at Lodge (LR-L) <b>NATIONAL WALKING DAY!</b>	<b>3</b> 10:00 <u>AM</u> Shopping at Trader Joe’s 1:00 <u>PM</u> Billiards (BR) 1:00 <u>PM</u> Shopping Trip 1:30 <u>PM</u> Movie Matinee w/popcorn & candy (Gilded Age Series) Matinee (GR) 3:00 <u>PM</u> Community Services Committee Mtg. (CR) 4:00 <u>PM</u> Wine & Cheese (LR) with Brian Zapel 7:15 <u>PM</u> Fictionary Game Night (CR)	<b>4</b> 10:00 <u>AM</u> Visit to Bare Blends for Smoothies etc. 1:00 <u>PM</u> 7 Card Hi Lo (DR) 2:00 <u>PM</u> Albany Symphony Orchestra Open Rehearsal 1:00 <u>PM</u> Canasta (CR) 1:00 <u>PM</u> Protestant Worship Service (GR) 4:00 <u>PM</u> TGIF Happy Hour (CR) 7:15 <u>PM</u> Cowboy Poetry Performance by cowboy Mark Munzer w/ Q & A session! (GR) 7:15 <u>PM</u> Trivial Pursuit (CR)  <b>NATIONAL VITAMIN C DAY!</b>	<b>5</b> 12:00 <u>PM</u> Duplicate Bridge (GR) 1:00 <u>PM</u> Curtain Call Theater Play: “Bank Job”. 1:30 <u>PM</u> Ustabe 2:00 <u>PM</u> Scrabble (CR) 7:15 <u>PM</u> Movie at the Lodge (LR-L)
<b>6</b> 11:00 <u>AM</u> Catholic Mass (GR) 2:30 <u>PM</u> Scrabble (CR) 4:00 <u>PM</u> Joe Sorrentino (GR) 7:00 <u>PM</u> Open Karaoke (GR)  <b>NATIONAL VISIT TO THE LIBRARY WEEK!</b>	<b>7</b> 10:00 <u>AM</u> Shopping At Price Chopper 10:00 <u>AM</u> Noreen Powell’s Art Class – “Spring Landscape” (CR) 1:00 <u>PM</u> Shopping Trip 1:00 <u>PM</u> Bridge (CR) 2:00 <u>PM</u> Roundtable Mtg. (M) 3:30 <u>PM</u> First Monday Concert w/Mike Short (GR) 7:15 <u>PM</u> Bingo (GR)	<b>8</b> 10:00 <u>AM</u> Shopping at Hannaford 11:00 <u>AM</u> Meditation (M) 1:00 <u>PM</u> Shopping Trip 1:00 <u>PM</u> 7 Card Hi Lo (DR) 1:30 <u>PM</u> Hospitality Mtg. (CR) 2:00 <u>PM</u> Scrabble (CR) 2:30 <u>PM</u> Albany Area Senior Orchestra (GR) 3:00 <u>PM</u> Program Committee (CR) 7:15 <u>PM</u> Evening Movie w/flavored Popcorn & Candy!! (GR)	<b>9</b> 10:00 <u>AM</u> Visit to Wit’s End & Lunch at Emma Jaynes Restaurant in Clifton Park 1:00 <u>PM</u> Quilting/Project Linus (4 <sup>th</sup> Fl. West) 1:30 <u>PM</u> Dominoes (DR) 2:00 <u>PM</u> -3:00 <u>PM</u> Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 <u>PM</u> Happy Hour Lodge (LR-L) 7:15 <u>PM</u> Movie at Lodge (LR-L) <b>NATIONAL CHERISH AN ANTIQUE DAY!</b>	<b>10</b> 9:00 <u>AM</u> Podiatrist: Dr. Masias 10:00 <u>AM</u> Shopping at Target 1:00 <u>PM</u> Billiards (BR) 1:00 <u>PM</u> Shopping 1:30 <u>PM</u> Movie Matinee w/popcorn & candy (Gilded Age Series) Matinee (GR) 2:30 <u>PM</u> Bldgs.& Grounds (CR) 4:00 <u>PM</u> Wine & Cheese (LR) 7:15 <u>PM</u> Fictionary Game Night (CR)	<b>11</b> 10:00 <u>AM</u> Library Trip 1:00 <u>PM</u> 7 Card Hi Lo (DR) 1:00 <u>PM</u> Shopping Trip 1:00 <u>PM</u> Canasta (CR) 2:00 <u>PM</u> New Resident Conversation Meeting (M) 2:30 <u>PM</u> ECUMENICAL Stations of the Cross Presentation (GR) 4:00 <u>PM</u> TGIF Happy Hour (CR) 7:15 <u>PM</u> Trivial Pursuit (CR)	<b>12</b> 1:30 <u>PM</u> Ustabe Singers (M) 2:00 <u>PM</u> Scrabble (CR) 4:00 <u>PM</u> Dr. Mark Olendorf’s Music (GR) 7:15 <u>PM</u> Movie at the Lodge (LR-L)
<b>13</b> 10:30 <u>AM</u> Catholic Mass (GR) 2:30 <u>PM</u> Scrabble (CR) 4:00 <u>PM</u> Diane Geddes Tri, "Triple Entendre\$, Cabaret and Blues Hour (GR) 7:00 <u>PM</u> Open Karaoke (GR)	<b>14</b> 10:00 <u>AM</u> Shopping At Price Chopper 1:00 <u>PM</u> Bridge (CR) 1:30 <u>PM</u> Visit to Faddegon’s Nursery & visit Duck Donuts for treats! 2:00 <u>PM</u> Roundtable Mtg. (M) 2:30 <u>PM</u> Studio 1 Chair Dancing (FC) 3:00 <u>PM</u> Adult Coloring & Fun (GR) 7:15 <u>PM</u> Bingo (GR)  <b>NATIONAL GARDENING DAY!</b>	<b>15</b> 9:30 <u>AM</u> Bocce Ball- Lodge Bocce Ball Court 10:00 <u>AM</u> Shopping at Hannaford 10:30 <u>AM</u> 518 Travel Club Presentation (GR) 11:00 <u>AM</u> Meditation (M) 1:00 <u>PM</u> Shopping Trip 1:00 <u>PM</u> 7 Card Hi Lo (DR) 1:30 <u>PM</u> Book Club (M) 2:00 <u>PM</u> Scrabble (CR) 7:15 <u>PM</u> Evening Movie w/flavored Popcorn & Candy!! (GR)  <b>NATIONAL TAX DAY!</b>	<b>16</b> 10:00 <u>AM</u> Shopping Trader Joe’s 1:00 <u>PM</u> Quilting/Project Linus (4 <sup>th</sup> Fl. West) 1:00 <u>PM</u> Shopping Trip 1:00 <u>PM</u> Caregiver Support Group (M) 1:30 <u>PM</u> Dominoes (DR) 2:00 <u>PM</u> -3:00 <u>PM</u> Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 5:00 <u>PM</u> Dinner at Athos Restaurant Albany, NY 3:30 <u>PM</u> Happy Hour Lodge (LR-L) 7:15 <u>PM</u> Movie at Lodge (LR-L)	<b>17</b> 10:00 <u>AM</u> Shopping at Target 10:30 <u>AM</u> Resident Council General Mtg. (GR) 1:00 <u>PM</u> Billiards (BR) 1:00 <u>PM</u> Shopping 1:30 <u>PM</u> Movie Matinee w/popcorn & candy (Gilded Age Series) Matinee (GR) 2:00 <u>PM</u> Spirituality Committee Mtg. (CR) 4:00 <u>PM</u> Wine & Cheese (LR) 4:00 <u>PM</u> Holy Thursday Mass (GR) 7:15 <u>PM</u> Fictionary Game Night (CR)	<b>18</b> 10:00 <u>AM</u> Shopping at Stuyvesant Plaza 11:00 <u>AM</u> Good Friday Stations of the Cross 1:00 <u>PM</u> 7 Card Hi Lo (DR) 1:00 <u>PM</u> Shopping Trip 1:00 <u>PM</u> Canasta (CR) 4:00 <u>PM</u> TGIF Happy Hour (CR) 7:15 <u>PM</u> Trivial Pursuit (CR)  <b>GOOD FRIDAY</b>	<b>19</b> 12:00 <u>PM</u> Duplicate Bridge 12:00 <u>PM</u> Bake Sale at American Italian Heritage Museum 1:30 <u>PM</u> Ustabe Singers (M) 2:00 <u>PM</u> Scrabble (CR) 7:15 <u>PM</u> Movie at the Lodge (LR-L)
<b>20</b> 10:30 <u>AM</u> Catholic Mass (GR) 2:30 <u>PM</u> Scrabble (CR) 7:00 <u>PM</u> Open Karaoke (GR)  <b>HAPPY EASTER</b> 	<b>21</b> 10:00 <u>AM</u> Visit to The Whistling Kettle 1:00 <u>PM</u> Bridge (CR) 2:00 <u>PM</u> Shopping Trip 2:00 <u>PM</u> Roundtable Mtg. (M) 3:00 <u>PM</u> Adult Coloring & Fun (GR) 7:15 <u>PM</u> Bingo (GR)  <b>National Tea Day!</b>	<b>22</b> 9:30 <u>AM</u> Bocce Ball- Lodge Bocce Ball Court 10:00 <u>AM</u> Earth Day Clean Up Outdoors Main Bldg & Lodge Courtyards! 10:00 <u>AM</u> Shopping at Hannaford 1:00 <u>PM</u> Shopping Trip 1:00 <u>PM</u> 7 Card Hi Lo (DR) 2:00 <u>PM</u> Scrabble (CR) 7:15 <u>PM</u> Evening Movie w/flavored Popcorn & Candy!! (GR)  <b>NATIONAL EARTH DAY!</b>	<b>23</b> 10:00 <u>AM</u> Shopping Trader Joe’s 10:00 <u>AM</u> -12:00 <u>PM</u> : Vendor Fair w/Ginger (GR) 10:30 <u>AM</u> Earth Day Craft – Bring your empty cans to decorate & plant herbs (CR) 1:00 <u>PM</u> Quilting/Project Linus (4 <sup>th</sup> Fl. West) 1:00 <u>PM</u> Shopping Trip 1:30 <u>PM</u> Dominoes (DR) 2:00 <u>PM</u> -3:00 <u>PM</u> Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 <u>PM</u> Happy Hour Lodge (LR-L) 7:15 <u>PM</u> Movie at Lodge (LR-L)	<b>24</b> 10:00 <u>AM</u> Shopping at Walmart 1:00 <u>PM</u> Billiards (BR) 1:00 <u>PM</u> Shopping Trip 1:30 <u>PM</u> Movie Matinee w/popcorn & candy (Gilded Age Series) Matinee (GR) 3:30 <u>PM</u> Valerie Rapson Presentation (GR) 4:00 <u>PM</u> Wine & Cheese (LR) 7:15 <u>PM</u> Fictionary Game Night (CR)	<b>25</b> 10:00 <u>AM</u> Saratoga Casino Trip 10:00 <u>AM</u> Pine Cone Bird Feeder Craft (CR) 1:00 <u>PM</u> 7 Card Hi Lo (DR) 1:00 <u>PM</u> Canasta (CR) 2:00 <u>PM</u> New Resident Conversation Meeting (M) 3:00 <u>PM</u> – Laura Collins (GR) 4:00 <u>PM</u> TGIF Happy Hour (CR) 7:15 <u>PM</u> Mike H. Congregation Temple Emeth (GR) 7:15 <u>PM</u> Trivial Pursuit (CR)  <b>NATIONAL AUDOBON DAY!</b> 	<b>26</b> 1:30 <u>PM</u> Ustabe Singers (M) 2:00 <u>PM</u> Scrabble (CR) 3:00 <u>PM</u> Barry Wiesenfeld songs/presentation – Attendees decide on the presentation topic w/Barry – Beatles or Bach? (GR) 7:15 <u>PM</u> Movie at the Lodge (LR-L)
<b>27</b> 10:30 <u>AM</u> Catholic Mass (GR) 2:30 <u>PM</u> Scrabble (CR) 4:00 <u>PM</u> Jazz Vespers – Dinner at Katie O’Byrnes Restaurant 7:00 <u>PM</u> Open Karaoke (GR)	<b>28</b> 10:00 <u>AM</u> Shopping At Price Chopper 1:00 <u>PM</u> Bridge (CR) 1:00 <u>PM</u> Bowling at Town & Country 2:00 <u>PM</u> Roundtable Mtg. (M) 2:30 <u>PM</u> Studio 1 Chair Dancing (FC) 3:00 <u>PM</u> Adult Coloring & Fun (GR) 7:15 <u>PM</u> Bingo (GR)	<b>29</b> 9:30 <u>AM</u> Bocce Ball- Lodge Bocce Ball Court 10:00 <u>AM</u> Shopping at Hannaford 1:00 <u>PM</u> Shopping Trip 1:00 <u>PM</u> 7 Card Hi Lo (DR) 1:00 <u>PM</u> Rabbi Ami Discussion (GR) 2:00 <u>PM</u> Scrabble (CR) 2:30 <u>PM</u> Andrew Batista Presentation (GR) 7:15 <u>PM</u> Evening Movie w/flavored Popcorn & Candy!! (GR)	<b>30</b> 10:00 <u>AM</u> Shopping trip to Lee, MA Outlets! 1:00 <u>PM</u> Quilting/Project Linus (4 <sup>th</sup> Fl. West) 1:00 <u>PM</u> Caregiver Support Group (M) 1:30 <u>PM</u> Dominoes (DR) 2:00 <u>PM</u> -3:00 <u>PM</u> Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 <u>PM</u> Happy Hour Lodge (LR-L) 7:15 <u>PM</u> Movie at Lodge (LR-L)  <b>NATIONAL ADMINISTRATIVE PROFESSIONALS DAY!</b>			



Room Key

(P) = Pool (M) = Meditation Room

(FC-L) = Fitness Center-Lodge

(FC) = Fitness Center at Avila

AVILA

Fitness Center: (FC)

Library: (Lib)

Billiards Room: (BR)

Patio: (P)

Bistro: (B)

Meditation Room: (M)

Craft Room: (CR)

Resident Center: (RC)

Dining Room: (DR)

Wellness Center (WC-112)

Media Room: (MR)

Living Room: (LR)

Great Room: (GR)

FITNESS CALENDAR

APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)	<b>2</b> 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)	<b>3</b> 9:00 AM Full Body Stretch (FC) 10:00 AM Chair Dancing (FC) 11:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	<b>4</b> 10:00 AM Aqua Motion(P) 11:00 AM Stretch/Flex (FC) 11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	<b>5</b> 9:30 AM Strength Training (FC) 10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390) 10:15 AM Aqua Motion (P) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)
<b>6</b> 2:00 PM Strength Training (Inhouse TV Channel 1390)	<b>7</b> 9:00 AM Pilates/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:30 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390) 11:30 AM Hydro Rider (P)	<b>8</b> 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390) 1:00 PM Tai Chi (FC)	<b>9</b> 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)	<b>10</b> 9:00 AM Podiatrist: Dr. Masias 9:00 AM Full Body Stretch (FC) 10:00 AM Chair Dancing (FC) 11:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	<b>11</b> 10:00 AM Aqua Motion(P) 11:00 AM Stretch/Flex (FC) 11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	<b>12</b> 9:30 AM Strength Training (FC) 10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390) 10:15 AM Aqua Motion (P) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)
<b>13</b> 2:00 PM Strength Training (Inhouse TV Channel 1390)	<b>14</b> 9:00 AM Pilates/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:30 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390) 11:30 AM Hydro Rider (P)	<b>15</b> 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)	<b>16</b> 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)	<b>17</b> 9:00 AM Full Body Stretch (FC) 10:00 AM Chair Dancing (FC) 11:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	<b>18</b> 10:00 AM Aqua Motion(P) 11:00 AM Stretch/Flex (FC) 11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	<b>19</b> 9:30 AM Strength Training (FC) 10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390) 10:15 AM Aqua Motion (P) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)
<b>20</b> 2:00 PM Strength Training (Inhouse TV Channel 1390)	<b>21</b> 9:00 AM Pilates/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:30 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390) 11:30 AM Hydro Rider (P)	<b>22</b> 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390) 1:00 PM Tai Chi (FC)	<b>23</b> 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)	<b>24</b> 9:00 AM Full Body Stretch (FC) 10:00 AM Chair Dancing (FC) 11:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	<b>25</b> 10:00 AM Aqua Motion(P) 11:00 AM Stretch/Flex (FC) 11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	<b>26</b> 9:30 AM Strength Training (FC) 10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390) 10:15 AM Aqua Motion (P) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)
<b>27</b> 2:00 PM Strength Training (Inhouse TV Channel 1390)	<b>28</b> 9:00 AM Pilates/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:30 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390) 11:30 AM Hydro Rider (P)	<b>29</b> 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)	<b>30</b> 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)			



THE LODGE AT AVILA (L)			
Library: (Lib-L)	Patio: (PL)		
Living Room: (LR-L)	Fitness Center: (FC-L)	Dining Room: (DR-L)	